



Stan's Ink Monthly



Volume 18, Issue 2

February, 2024

Mark Your Calendar!

Feb 14 - Valentines Day

Feb 19 - Presidents Day

Mar 1 - Employee Appreciation Luncheon 12-1pm



Highway to Health

Top 10 immune-boosting foods

You can give your body a little boost against viruses and bacteria all year round. Try to incorporate these top 10 immune-boosting foods.

Immune-Boosting Vegetables

- **Broccoli:** To get the most benefit, avoid boiling this vegetable. Raw, steamed, or roasted broccoli has a powerful combination of vitamins A, C and the antioxidant, glutathione.
- **Mushrooms:** People with low levels of selenium often have more severe symptoms when infected with a virus or bacteria. In addition to lots of selenium, mushrooms also have several of the B-vitamins.
- **Sweet potatoes:** A great source of beta-carotene, which is converted to vitamin A in our bodies. It's a nutrient that can increase the number and activity of white blood cells.
- **Garlic:** Sulfur compounds, specifically allicin, in garlic have strong germ-fighting powers. Allicin is produced when garlic is cut or crushed, so use fresh garlic for the most potential immune benefit.
- **Spinach:** Not only is spinach a great source of beta-carotene, it also has lots of folate. Having low levels of folate has been linked to a weakened immune system.

Immune-Boosting Fruits

- **Citrus fruit:** Oranges and grapefruit especially are great sources of vitamin C.
- **Berries:** From the more exotic acai berries or elderberries to the more common strawberries and blueberries, all are loaded with flavanols which are excellent antioxidants.

Don't Forget These Foods

Tea: All tea, whether it is green, black or oolong, has lots of disease-fighting polyphenols and flavonoids.

Oysters: Zinc creates and activates white blood cells. Oysters have an amazing amount of zinc, with about 52 milligrams in a 3-ounce serving. However, if you can't picture yourself slurping down oysters, have a 5-ounce portion of ground beef or a half-cup of roasted peanuts.

Yogurt: Prebiotics from fruits and vegetables along with healthy probiotics from fermented dairy like yogurt help to keep your gut healthy.

Source: Avera.org

Mike's Words of Wisdom...

In-teg-ri-ty

The quality of being honest and having strong moral principles.

Integrity is saying what you're going to do and then doing it for the right reasons. I think we all have struggled with this one time or another in our lives. We try to take the short cuts and maybe tell someone what they want to hear rather than the truth because that's the hard path. Making that poor choice ends up giving us short-term gain but long-term pain. Making the right decision for the right reason helps our growth as individuals, families, and at Stan's.

What makes a person show **integrity**....like the quote says....it takes honesty and strong moral principles. **Honesty** is being free from deception and being genuine, respectable, and humble. All of those can be tough to tame sometimes when emotion runs high. **Moral principle** guidelines that we all live by to make sure we are doing the right thing. These principles include honesty, fairness, and equality. Each one of us can have a different set of morals depending on how we were raised and our beliefs. In short it is as simple as the "Golden Rule" - "Do unto others as you would have them do unto you."

At Stan's, if we don't have integrity as employees or as a company, we will slowly lose the trust of our Stan's team members, our customers, and our vendors. It takes time and effort to build relationships which can be broken with one painful word or action.

"Integrity is priceless. And at the end, that's all you have."

Jerome Powell

Respect Relationships Results



Thank you
Sandy Naber for your years
of service at Stan's!
We wish you the best
for the future!



January Accidents & Incidents

Turned too far, crumpled rear tractor wing.... \$3,610
 Drove away with fuel nozzle in tank..... \$365
 Drug tire..... \$1,250

Total : \$5,225



We have a \$25,000 deductible and are counting on YOU to keep costs down.

January Top Fuel Mileage Performers

Reefer Division:

5.95 MPG - 8.12 MPG Cost/Mile \$0.65 - \$0.48

- Joe Pearson - 8.12
- Roger Lammey - 8.05
- Chris Hicks - 7.86
- Jimmy Block - 7.78
- John Bozzella - 7.56

Total January Miles: 442,806 **January MPG Avg: 6.91**

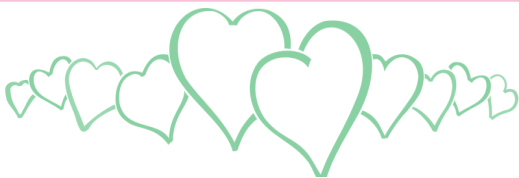
Employee Appreciation Luncheon

Celebrating ALL our Employees and recognizing our drivers that achieved the 2023 Safety and MPG Awards!

12pm - 1pm Driver's Lounge

FRIDAY MARCH 1st 2024

National Employee Appreciation Day 3/1/24



Stan's employees have worked

743 days without a "lost time" accident!

**THINK SAFE
 WORK SAFE
 BE SAFE**

HRCORNER Career Opportunities!

- Feed Mill Support
- Diesel Mechanic *
- IT Support *
- Farm Labor
- Drivers **:
 - Local, Regional & OTR
 - Feed Delivery

*Eligible for \$2,000 referral & sign on bonus
 ** Eligible for \$3,000 referral & sign on bonus

For complete job descriptions contact Tammy @ 605-961-9508

★ ABOVE & BEYOND

Have you ever been on the receiving end of someone going above and beyond? That certain someone who stepped outside of their day to day duties to help a fellow team member or Stan's in general, with no expectations of receiving anything in return?

We are always looking for nominations for our Above and Beyond recognition. When you experience a helping hand, or an act of kindness, please share the details by emailing Mike: mikek@stansinc.net.

February Birthdays

- Dickson Jorgensen - 2/3
- Jeni Sinkbeil - 2/6
- Megan Kopfmann - 2/9
- Jodi Weber - 2/12
- Eric Waldner - 2/15
- Terry Martin - 2/26

Happy Birthday to our February babies!



March Birthdays

- Mike Jurgens - 3/13
- Zack Siemonsma - 3/22
- Tammy Bierman - 3/27
- Carlos Yanes - 3/28

Happy Birthday to our March babies!

February Years of Service Anniversaries

- John Bozzella - 10 years
- Jeni Sinkbeil - 7 years
- Logan DeJean - 2 years

Thank you for your service & dedication to Stan's!



Continue to like and share on our Stan's Inc and Team Stan's Facebook Pages!

Traveling to a cool area? Have a special event happen in your life? Take a picture and share it with us!

Not on Facebook and have something to share? No problem! You can email it directly to Morgan Tebay and she'll get it out there for you: morgant@stansinc.net

Stan's Welcomes New Employees!

Please take the time to introduce yourself!



Joe Pearson
Reefer Division



Chris Hicks
Reefer Division



Matthew West
Wash Bay Division



Cathy Sprecher
Housekeeping Division